

Dairy Trivia

1. What element is responsible for creating the holes found in Swiss cheese?

- A) gas B) water C) fire

2. How many calories per serving does fat-free milk have?

- A) 200 B) 80 C) 20

3. How many servings of dairy products do children need a day?

- A) 1 B) 2 C) 3

4. Lowfat dairy products can help you

- A) lose weight B) lower blood pressure C) all of the above

5. True or False? Chocolate milk has the same nutrients as regular milk.

6. How many gallons of milk does the average American drink in a year?

- A) 5 B) 19 C) 31

7. Dairy products contribute to how much calcium in the American diet?

- A) 75 percent B) 10 percent C) 25 percent

8. True or false? People with lactose intolerance are allergic to dairy products.

9. How many pounds of milk does it take to make one pound of cheese?

- A) 3 B) 7 C) 10

10. True or false? A glass of chocolate milk has the same amount of sugar as a glass of orange juice.

11. How much calcium does a glass of milk have?

- A) 100 milligrams B) 300 milligrams C) 90 milligrams



12. How many glasses of milk does a cow give in her lifetime?

- A) 500 B) 100,000 C) 200,000

13. When did cows first come to America?

- A) 1582 B) 1611 C) 1910

14. Which of the following means cheese in Italian?*

- A) Gloria B) Formaggio C) Chia

15. Which cheese is the most widely purchased and consumed in the world?

- A) mozzarella B) Swiss C) Cheddar

16. The average woman gets this many servings of dairy products every day.

- A) 1.2 B) 3.5 C) 5

17. How many glasses of milk does the average cow produce each day?

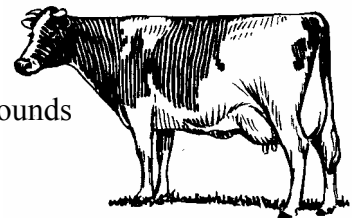
- A) 45 glasses B) 90 glasses C) 180 glasses

18. How many pounds of milk does a cow's udder hold?

- A) 5-10 pounds B) 25-50 pounds C) 100-200 pounds

19. What is a cow with black & white spots called?

- A) Calico Cow B) Jersey C) Holstein



Answers

1) A; 2) B; 3) C; 4) C; 5) true 6) B; 7) A; 8) false (lactose intolerance is the inability to digest milk's natural sugar and is not an allergy.); 9) C; 10) true; 11) B; 12) C; 13) B; 14) B; 15) C; 16) A, and women need three servings; 17) B; 18) B; 19) C

***Pronunciation key:**

For-mahj-gee-o
Chee-a